

# Birth Communication Guide



At MercyOne, we know having a baby is one of life's most significant journeys. From the time you find out you are expecting, to the time your baby arrives, the OB/GYNs, midwives and health care experts at MercyOne are here providing you with personalized, excellent care as you welcome your new bundle of joy into the family.

We invite you to use this birth communication guide to prepare yourself and communicate your wishes for your delivery at MercyOne. We are committed to helping you achieve your best birth experience. If changes arrive that differ from this tool, our birth team will do our best to help accommodate these changes.

Today's date: .....

Your full name: .....

Labor partner's name: .....

Due date: .....

My primary care provider: .....

My baby's pediatrician: .....

**At MercyOne we want you to feel comfortable making decisions about your baby.**

**Our standard of care includes:**

- Immediate skin-to-skin contact after delivery (when condition allows)
- Option to breastfeed as soon as possible

**If you have any specific requests, please let us know below:**

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**I plan on:**

- Breastfeeding
- Pumped breast milk only
- Breastfeeding and supplementing with formula
- Breastfeeding and supplementing with donor breast milk
- Formula feeding
- Pumping

**If supplementation is necessary, I would accept:**

- Donor breast milk
- Formula

**I would like the following persons to be present before and/or during labor and my vaginal delivery: \***

- Labor Partner
- Parents
- Other children
- Midwife
- Doula (must be certified)
- Other

\*During the COVID-19 pandemic or other health risk times, MercyOne has safety guidelines which may limit the number of people who can be at the bedside during delivery.

**During labor I would like:**

- Music played (provided on my own)
- Lights dimmed
- The room as quiet as possible
- As few interruptions as possible
- As few vaginal exams as possible
- Hospital staff limited to my own provider and nurses
- To wear my own clothes
- My partner to be present the entire time
- To stay hydrated with clear liquids and ice chips
- To eat and drink as approved by my provider

**For pain relief, I would like to consider:**

- Breathing techniques
- Distraction
- Epidural
- Nitrous oxide
- IV medications
- Birth balls
- Position changes
- Only what I request at the time
- Natural birth

**Circumcision:**

- Should be performed
- Should be performed in the presence of me and/or partner  
\* as approved by my provider
- Should NOT be performed

**If baby is not well, I would like:**

- My labor partner and I to accompany it to the NICU/INIC or another facility
- To breastfeed or provide milk
- To hold them whenever possible

**Immediately after delivery, I would like:**

- My labor partner to cut the umbilical cord
- The umbilical cord to be cut only after it stops pulsating
- To see the placenta before it is discarded
- To keep the placenta

**If having a C-section, I would like:**

- All options have been exhausted
- My labor partner to remain with me the entire time
- Use a clear drape to watch the delivery
- My hands left free so I can touch the baby
- The surgery explained to me as it happens
- My labor partner individual to hold the baby as soon as possible
- To breastfeed in the operating room
- Skin-to-skin contact with baby as soon as possible

**As the baby is delivered vaginally, I would like to: \***

- Use a mirror to see the baby crown
- Touch baby's head as it crowns
- Let the epidural wear off while pushing
- Use whatever methods my provider deems necessary
- Let my partner/other person help catch the baby
- Catch and pull the baby onto my belly as they are born

\*Be sure to discuss with your provider.

**During delivery, I would like to: \***

- Squat
- Semi-recline
- Lie on my side
- Be on my hands and knees

\*Be sure to discuss with your provider.

**Please don't give my baby:**

- Formula
- A pacifier
- Other .....

**What is important to you during labor, the birth of your baby and after?**

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**Is there anything else you would like us to know so we may meet your expectations to the best of our ability? (past life experiences, fears, cultural or religious requests)**

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